



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
(608) 723-6416

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Splish, Splash, and Water Safety



Taking a dip in the pool, lake, or river to cool off from the heat is a prime summer activity. Water activities can be a fun and refreshing, but also dangerous if safety precautions are pushed to the wayside.

For those who enjoy boating, operator inexperience, inattention, recklessness, and speeding are the four leading causes of tragic crashes on the water. Drowning is the leading cause of death. For those aged 1-14 drowning is the second leading cause of unintentional injury-related death. Before heading out to your favorite lake, river, or pool keep these safety tips in mind:

- * Planning on taking the boat out? The DNR recommends a proper fitting life jacket be worn at all times.
- * Learn how to swim. Many of the local pools offer swim lessons during the summer months.
- * Children playing in water should be monitored at all times.
- * Only swim in designated swimming areas.
- * If you get caught in a current, don't try to fight it. Stay calm and float with it, or swim parallel to the shore until you can swim free.
- * Don't drink alcohol when swimming.
- * Don't forget to apply the sunblock at least every 2 hours.



Source: www.nsc.org; www.redcross.org

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Added Sugar Shakedown



Besides helping control calories, eating patterns lower in added sugars are associated with reduced risk of heart disease, obesity, type 2 diabetes, and some types of cancer in adults. There also seems to be a relationship between added sugars and cavities in children and adults. Reducing added sugar intake starts at the grocery store.

You can cut down on added sugar by:

- Reading labels to choose packaged foods that have less or no added sugar.
- Drinking water, unsweetened tea or coffee, or other calorie free beverages.
- Choosing beverages, such as low-fat or fat-free milk and 100% fruit juice, to meet food group recommendations.
- Choosing fruit as a naturally sweet dessert or snack.
- Making sweets a once-in-a-while treat and choosing a smaller portion when you do enjoy them.

You can also cut down on sugar at home in your cooking and baking. Reduce the amount of sugar in recipes by one-third to one-half.

When you use less sugar, spices such as cinnamon, cloves, allspice, and nutmeg, or flavorings like vanilla or almond extract can be added to enhance the sweetness of food.

Sources: Dietary Guidelines for Americans, Choose MyPlate.gov, Centers for Disease Control

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Aug 2nd—Late Muscoda
Kratochwill Bldg from 2:00pm to 6:30pm

Aug 3rd—Platteville Lutheran
Church of Peace from 9:00am to 3:30pm

Aug 8th—Boscobel United
Methodist Church from 9:30am to 3:30pm

Aug 9th—Fennimore United
Methodist Church from 9:00am to 3:30pm

Aug 15th—Cuba City St Rose—
Mazzuchelli Hall from 9:30am to 3:30pm

Aug 17th—Late Platteville Lutheran
Church of Peace from 3:00pm to 6:30pm

Aug 22nd—Lancaster Schreiner
Memorial Library from 9:00am to 3:30pm

Aug 24th—Platteville Lutheran
Church of Peace from 9:00am to 3:30pm



Grant County Health
Department will be closed
on September 4th for the
holiday!

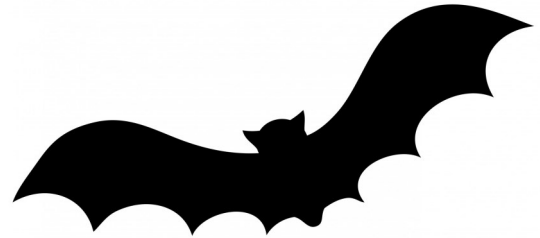
Rabies

Rabies is a serious and nearly always deadly disease that is caused by a virus. Most rabies cases reported to the Centers for Disease Control and Prevention (CDC) each year occur in wild animals like raccoons, skunks, bats, and foxes.

Any mammal can get rabies. This includes raccoons, skunks, foxes, bats, dogs, cats, cattle and humans.

Some signs of rabies in animals are:

- ✕ changes in an animal's behavior
- ✕ general sickness
- ✕ problem swallowing
- ✕ increased drooling
- ✕ aggression



How can I prevent rabies?

- Vaccinate your dogs, cats, and ferrets against rabies.
- Do not handle wild animals. If you see a wild animal or a stray, especially if the animal is acting strangely, do not go near it.
- DO NOT feed wild animals, such as raccoons, or try to make them your pet.
- Get your pets spayed or neutered. Pets that are fixed are less likely to leave home, become strays, and make more stray animals.

If you do get bitten by an animal, wash the wound with soap and water. Call your doctor to see what treatment is needed.

If possible safely catch the animal so it may be observed or tested for rabies. While capturing or euthanizing a bat or other animal, do not crush or damage the head (rabies testing can only be done on the brain of animals).

Why take the stairs?



It is good for your heart

It increases muscle strength and power

It's good for the environment because it uses your energy.

It helps reach the goal of at least 30 minutes of activity per day.

It's often faster to take the stairs. (unless you need to go up many floors)

Get Rid of Old Medications

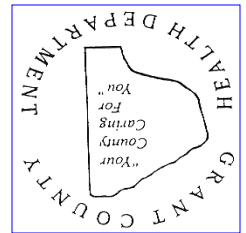
The communities below have permanent drop off sites for you to drop off your old or unwanted medications. Items that are accepted at all four sites without calling ahead are: pills/capsules (prescription and over the counter) and sealed medicine powder packets (please place packets in a sealed Ziploc® type bag).

Platteville: The Platteville Police Department at 164 North Fourth Street. The items are accepted 7 days a week/24 hours a day. However, liquids, lotions, ointments, and patches are accepted only if they are securely sealed in a Ziploc® type bag, one bottle per bag. (608) 348-2313.

Muscoda: The Muscoda Police Department at 206 North Wisconsin Avenue. Medications can be dropped off whenever village hall is open. Call ahead to drop off liquids. (608) 739-3144.

Lancaster: Lancaster Police Department Lobby. Medication is accepted 7 days a week/24 hours a day. Drop off pills in their original containers or seal the pills in a Ziploc® type bag. Call ahead for liquids, lotions, ointments, and patches. Please securely seal these items in a Ziploc type bag, one bottle per bag. (608) 723-4188.

Fennimore: Memorial Building, 860 Lincoln Avenue. Medication is accepted whenever Memorial Building is open. Call ahead for liquids. 608-822-3215.



Change Service Requested

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